



**Texas 4-H Youth
Development Healthy
Lifestyles Invitational**

Healthy Snacking

According to the USDA, almost a quarter of kids' daily calories may come from snacks. It is important that those snacks add to the intake of a child's essential nutrients. It is important that they supplement their meals with healthy snacks to promote growth and development.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

Healthy Snacking with MyPlate

https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_12_HealthySnackingWithMyPlate.pdf

Center for Science in the Public Interest

<https://www.cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

A Guide to Smart Snacks in the School

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>